

SKATE MANITOBA

VIDEO 7 -

INTERPERSONAL COMPETENCIES - PERSONAL



BALANCE & SELF-MANAGEMENT

How am I currently incorporating mental recovery into my life as an athlete and/or coach.

What are potential distractions/life events that get in the way of me taking time to mentally recover.

If I'm not satisfied with my mental recovery, what could I do to improve it?

Mental Recovery Strategies:

- Mindfulness: Coming back to the present, breathing, meditation, grounding skills, walk, etc..
- Debriefing Performance
- Journaling
- Connecting with friends/family
- Sleep
- Self Compassion
- Fun!

Debriefing Performance:

What went well?

What did I learn?

What will you do better moving forward?

LEADERSHIP

Who did you model yourself after as a coach?

What have you learned from that model leader about being a leader?

What leadership qualities did they exhibit?

What do you currently do to teach your athletes about leadership?

Leadership begins with YOU!

- Model leadership qualities
- Growth Mindset
- Open/Transparent Communication
- Provide Feedback/Positive Reinforcement

Cultivating Leadership:

- Provide opportunities to lead!
 - Small groups, in practice activities, team bonding exercises
- Provide decision making opportunities
- Identify leaders (dependent on age of group)
- Allow problem solving after failure

COMMUNICATION SKILLS

Hear your athlete: WHAT

By offering to chat, you are opening a door for connection. Even if they don't want to talk, knowing someone has noticed them and cares may help them feel less alone.

- Speak with calm, sincere, gentle tone
- Use open ended questions to keep conversation going
- Share what you've seen or noticed

Some conversation starters to invite connection:

- It seems like you've been (quiet, missing practice, looking sad) lately. Is there something going on?
- I was thinking about you and wanted to check in. How are you?
I care about you and I've noticed you haven't been yourself the last little bit. Would you want to talk about it?

Hear your athlete: HOW

- Consider context and when/where to discuss
- Keep an open mind and be non-judgemental
- Unconditional positive regard
- Be aware of non-verbal behaviour
- Check what they want from you
- Listen- you don't need to solve the problem for them
- Be mindful not to interrupt
- 'Keep it going' actions (nodding, 'I see', 'Mh hum')
- Summarize what you have heard, and check for understanding
- Do not promise anything you can't deliver 100%
- Share your next steps/what you will need to do after this conversation
- The athlete should guide the response and next steps, unless a serious concern

Active Listening Skills:

Listening Skills

Sounds like

Acknowledging

Uh huh, okay, great idea

Paraphrasing

It sounds like you are struggling with balancing school and skating right now.

Probing

Tell me more about your thoughts on that one part of the program

Clarifying

Could you give me an example of how I can support you better?

Reflecting Feelings

You sound proud of the progress you have made on that adjustment we've been talking about.

Summarizing

Let's review what we have discussed so far...

Helping an athlete during stressful times:
Conversation Cheat Sheet

Action:	Notes:
<u>Check in on what they need</u>	Are you needing to just discuss/dump or are you looking for ideas from me?
<u>Consider how you can connect with them best</u>	Letting them know you care about them as a person, that they are not letting you down, that you are not mad or frustrated with them
<u>Highlight things important to them</u>	<ul style="list-style-type: none"> -Link them back to their values and their why -Look for hidden opportunities (growth mindset), recognize and acknowledging set-backs -Support their confidence (identify strengths, things about THEM- not just their golf game- but THEM that are wonderful) -Re-orient to whats in their control: what are the controllables?
<u>Mobilize the supports</u>	<p>Who can we loop in? What do you feel comfortable sharing with X? Can I share _____ with X?</p>
<u>Plan to follow up and check in</u>	Ask if they need anything from you before then.

RECEIVING FEEDBACK

What is Feedback?

The point of feedback is to focus on areas that a person can change, improve, or use to advance their situation in some way.

Using Feedback as Fuel

We can choose how we receive this information!

Internal Feedback

- What you tell yourself and what you focus on when things get difficult has a critical impact on your game.
- You free yourself to put your energy into the right stuff. The productive stuff.

Coaches Reflection Questions:

How am I currently providing feedback to my athletes? (What does this look like?)

How are my athletes currently perceiving my feedback? If I don't know, how do I think they are?

Knowing my athletes, is there any changes I can make to the delivery of my feedback/communication more clear and constructive?

RECEIVING FEEDBACK

Athlete Reflection Questions:

How do I perceive feedback?

Does my perception of feedback change from who delivers it? (teacher, coach, parent, friend, etc..) and why?

How could I reframe unhelpful interpretations of feedback?
